Weekend Warriors
Macquarie University started the week with a bang. Over the weekend we picked two silver medals. One was awarded to Allison Chandler for taekwondo women’s black belt under 67kgs. The second went to Junyo Ichimsu for Kendo Kyu Individual - Men. Well done to our martial arts champions!

Day One
Day One was a rollercoaster ride. Starting off with a waterpolo win for our women’s team against Newcastle University at the Sydney Olympic Park Aquatic Centre.
At the nearby Sports Centre, the men’s futsal team were killing it with an 8-nil win against Australian College of Physical Education followed by a 6-4 win against University of Technology Sydney. The women’s team also played two excellent matched but, unfortunately, lost their last game of the day 8-7. Futsal Coach Rob Varela said that the team “set the bar very high in the second half” and we’re all looking forward to their next win.

A commendation to the women’s Futsal team for biking around Homebush to get to and from their games. Sustainable, great fitness and great fun! Well done, ladies.

The mixed netball team had a few tough games today, losing 45-30 to Murdoch University and 37-25 to Melbourne University. Meanwhile, men’s basketball won their game after an injury on the Monash University team lead to the game to be called to an early close.

Image (left to right): Angela Smith (Silver) Women’s Cycling Road Race. Alex Pettigrew, Sean Fitzsimmons, Nick Bate and Anthony Bowman (Bronze) Men’s 1600m Sprint Medley. Allison Chandler (Silver) Female Open Black Belt 62-67kgs.
**DAY ONE RESULTS:**

**Rugby Union 7s - Men**
- MQU v. USYD 6-41
- MQU v. MON 17-28

**Squash - Men**
- MQU v. UWS 115-23

**Waterpolo - Women Division 1**
- NCLE v. MQU 5-8
- USYD v. MQU 7-8

**Waterpolo - Men**
- MQU v. MON 7-9
- GU v. MQU

**Basketball - Men Division 1**
- MQU v. MON 7-9
- GU v. MQU 7-15

**Basketball - Women Division 2**
- MQU v. NCLE 34-40

**FUTSAL - Women Division 1**
- NCLE v. MQU 110-226
- USC v. MQU 8-7

**Futsal - Men Division 1**
- ACPE v. MQU 69-68
- MQU v. UTS 6-4

**Football - Men Division 2**
- MQU v. UWS 3-0
- MQU v. QUT 1-3

**Tennis - Men Division 2**
- CU v. MQU 3-2

**Netball - Mixed Division 1**
- MDU v. MQU 45-30
- MQU v. MELB 25-37

**Ultimate - Mixed Division 2**
- MQU v. UNDA 15-1
- RMIT v. MQU 11-13

**Badminton - Women**
- UWA v. MQU 114-229
- NCLE v. MQU 110-226

**Beach Volleyball**
- MQU v. DEAK 2-0
- MQU v. MELB 2-0

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**Heat warning:**
It hit 34 degrees at Homebush yesterday and tomorrow (Tuesday) is set to be even hotter. Please make sure that everyone (athletes, volunteers and staff) are keeping well-hydrated, wearing lots of sunscreen and staying in the shade where possible.

**Do you have what it takes to become a champion?**
AIS will be at AUG so come down if you are up for a challenge in a new sport and see if you have what it takes.

**Date:** Tues 30 September 12pm-3pm

**Venue:** AUG Touch competition, Macquarie University Sports Fields (Northern Oval)

**Date:** Wed 1 October 10am - 1pm

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